



# The Inside Scoop

## Free Education Programs (and Ice Cream)

### Acupuncture and other Chinese Medicine

Tuesday, March 21, 6:00 p.m.

Curious about acupuncture and other  
Chinese medicine?

Claudia Olson specializes in acupuncture, auriculotherapy, Qi Gong and Tai Chi. Claudia has a Masters of Acupuncture from the Maryland University of Integrative Health, the first accredited school of acupuncture in the United States, and is licensed to practice acupuncture in Maryland.

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### Ethics at the End of Life

Tuesday, April 18, 6:00 p.m.

Deb Pow, a social worker with Hospice, will lead this discussion focusing on what is most typically important to the senior population in regards to ethics at end of life:

- who has the capacity to make decisions
- differences between medical power of attorney and financial power of attorney
- issues that arise when there isn't an advanced directive
- what happens when there are differences of opinion within the family unit
- what are the differences between legal and moral ethics

### Nutrition and Aging

Tuesday, May 16, 6:00 p.m.

Do you have questions about nutrition and its effects on aging?

Learn how your diet may help you cope with some common age-related conditions.

The discussion will also touch on nutrients that may promote enhanced mobility in later years as well as some common drug-nutrient interactions that may be of concern.

Dr. Jeremy Cayer, Healing Touch Chiropractic, who also has an M.S. in Applied Clinical Nutrition, will lead the discussion.

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### Cybersecurity

Tuesday, June 20, 6:30 p.m.

Learn how best to protect yourself and your loved ones while online. This program provides prevention and intervention strategies and internet safety resources.

“Anytime you use a free online service - think shopping sites or social media - you are the commodity being bought and sold.”

Vince DeVivo, Community Outreach Specialist, The United States Attorney's Office, District of Maryland, will be the presenter.

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### Urbana Senior Center

Offering fitness, enrichment & social opportunities for 50+

301-600-7020, 9020 Amelung Street, Urbana, MD 21704

(located on the lower level of the Urbana Regional Library)

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